

# Love my Body Love my Life

## Lesson 4: Playing Your Edge

		Movement	Source	Track Progress
Step 1 Opening Sequence	Warm-Up Practice	Always start your Routine in Wuji Stance		
		Creating a Qi Ball (4)	Robert Peng	
		5 Minute Breathing Flow (2)	Kseny	
		Shoulder Rolls (2)	Tina Faulkner Elders	
		Inner Smile / Smiling from the Heart (3)	Lee Holden	
Step 2 Dynamic Movement	Learn Yoga	Standing Half Forward Fold (3)		
		Standing Forward Fold / Uttanasana (2)	Adriene	
	Qi Gong Essentials	Hologram Palm Empowerments	Robert Peng - Udemy / Sounds True	
		Four Golden Wheels Energy Practice	Robert Peng - Udemy / Sounds True	
		<p>FOUR GOLDEN WHEELS EXERCISE</p>  <p>Shaking Swinging Blessing Channeling 24</p>		
	Luohan's 18	Lifting the Sky (4)	Catherine Carrigan	
		Shooting Arrows (3)	Fully Alive	
Step 3 Energy Flowing	Yoga Flow	Beginner Flexibility	Melissa: YogaTX	
		Gentle, Energizing Morning Stretch	Cole Chance: YogaTX	
	Qi Gong Flow	Qi Gong for Vitality: Opening Door of Life	Marisa: YoQi	
		10 Minute Morning Practice	Lee Holden	
Step 4 Convergence				
Step 5 Closing		Nourishing Qi		